USING SIMULATION TO COMBAT THE OPIOID CRISIS

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Disclosures

I do not have a financial interest/arrangement or affiliation with any organization which could be perceived as a real or apparent conflict of interest in the context of the subject of this presentation.
Objectives

At the end of this presentation, the participant will be able to:

1. Describe the main components of an opioid overdose prevention training program.
2. Identify at least one intervention that can be used to educate students and/or patients about the prevention of opioid overdose.
3. Identify the importance of interprofessional opioid overdose prevention training to increase awareness of the problems surrounding opioid overdose.
Oscar-nominated film follows three women -- a fire chief, a judge and a street missionary -- battling West Virginia's devastating opioid epidemic.

“change the perception of opioid addiction from a "moral failure" to one of a "medical issue" where recovery is possible.”
WHAT CAN THE PUBLIC DO?
Ways to Reduce Stigma:

• Offer compassionate support.
• Become educated about substance use disorder.
• Avoiding hurtful labels such as "addicts" "addiction" "dirty/clean" "drug abuser".
• Believing recovery is possible for everyone.

Stigma Can:

• Reduce willingness to seek treatment
• Diminish self-esteem
• Exacerbate depression
• Limit access to healthcare, housing, and employment
• Negatively affect relationships when they need support the most
WHAT CAN BE DONE AT THE STATE LEVEL?
Preventing Opioid Overdoses and Related Harms

1. Conduct surveillance and research
2. Empower consumers to make safe choices
3. Build state, local, and tribal capacity
4. Support providers, health systems, and payers
5. Partner with public safety
Expanded Access to Naloxone (Narcan)

- Standing orders at pharmacies
- Distribution through local, community-based organizations
- Law enforcement officials and emergency medical service staff
- Targeted naloxone distribution programs for outreach workers, harm reduction staff, clinicians, patients with opioid prescriptions, individuals who are about to be released from prison or treatment centers
Good Samaritan Law

As of December 31, 2018, 46 states and DC have passed law that provides some protection from arrest or prosecution for individuals who report an overdose in good faith.
WHAT CAN WE DO AS HEALTHCARE PROVIDERS AND EDUCATORS?
Becoming an Opioid Overdose Prevention Program

1. Designate program/medical director NP, MD, PA
2. Complete online registration
3. Complete 2 hour “Training of Dispensers” Course

IT’S AS EASY AS 1 2 3
Our Program

• Started January 2018
• 4 staff members trained
• 45 minute class
• Once a month
• Trained over 700 people
Essential Topics to Cover

- Signs of an overdose
- How naloxone works
- How to treat an overdose
- Post naloxone care
- Report use of naloxone and ways to receive replacement kit
Topics Included in our Training

• Stats (including local)
• Types of opioid and what is fentanyl
• Signs of overdose
• What is naloxone
• Steps to treating overdose
• Rescue breathing
• Good Samaritan law
• Stigma
• Treatment
• Ways to reduce supply and demand
• Harm reduction

Fatal Dose to Kill an Average Adult
Our Audience

- Required by all RN, dental, medical, OT, PT students entering clinical
- Faculty
- Healthcare providers (including out-patient setting)
- Community boards
- NYPD
- Government officials
- Restaurant workers
Spread the Word!!

- Social media
- Collaborate with other departments to promote trainings
  - Patient safety officers
  - Deans
  - Communication/media relations
  - Nursing education
- Offer onsite training for large groups
- Community outreach

YOU CAN SAVE A LIFE WITH A SPRAY

Naloxone, given as a nasal spray, can reverse the effects of an opioid overdose and Save a Life.

Give someone a second chance to recover and live.

Attend a free training session. Call 410-222-0100 for more information and to register.

www.AAHealth.org

Supported by AAHealth and the Maryland Behavioral Health Administration
Interprofessional Training
The Community
Promote Health Policy with Politicians
Holistic Approach to Fighting the Opioid Epidemic

- Improved Treatment
- Reduce Demand
- Reduce Supply
- Harm Reduction
What percentage of people with substance use disorder receive treatment?

20%
Medication Assisted Treatment (MAT)

- Effective at reducing use and helping people to lead normal lives. Methadone and buprenorphine work by preventing painful opioid withdrawal symptoms without causing euphoria;
- Naltrexone blocks the effects of opioids.
- Eliminate barriers such as prior authorizations.
Expanded Medicaid Coverage to Cover Treatment

- Medicaid primary source of funding for substance use disorder
- Medicaid for MAT
- Medicaid expansion improves outcomes related to the opiate epidemic by allowing individuals access to quality health care.
Treatment and Pre-Trial Diversion

• Treatment (MAT) in jails and post incarceration
• ~90% of inmates with substance-use disorders receive no medical treatment – high risk for relapse and overdose
• Decriminalize substance use disorder - Pre-trial diversion programs
CDC Guidelines for Prescribing

- Non-opioid treatments should be preferred for chronic pain.
- Prescribers and patients should establish treatment goals before starting opioid therapy.
- Start with the lowest dose.
- Prescribers should evaluate benefits and harms within one to four weeks; and every three months thereafter.
- Prescribers should prescribe naloxone for patients at increased risk for overdose.
Research Alternative Pain Therapies

- Alternate pain therapies – medical marijuana, Complementary and Alternative Therapies
- Focus on researching the underlying causes of substance misuse.
Supervised Consumption Spaces

- Illegal under federal law in the US.
- Increased uptake into drug treatment programs
- Reduce public drug use
- Prevent infectious diseases like HIV and HCV
- Reduce overdose deaths in the communities they are located
- Do not lead to increased injection drug use or crime
Syringe Exchange Services

- If people are not ready to stop using drugs, we should at least make it safer.
- Provide access to clean and sterile equipment, naloxone training and distribution, information training and distribution, fentanyl testing strips.
Drug Checking

• Allow people to test drugs for the presence of fentanyl or other contaminants
Opioid Prescription Monitoring Systems

- Electronic databases for monitoring opioid prescriptions are a proven method for reducing opioid prescribing.
- Also be used to identify those at risk of opioid use disorder and guide them into treatment.
- Consider ways to increase use of Prescription Drug Monitoring Programs, which are among the most promising state-level interventions.
Police and Border Enforcement

- Increased funding for local police, drug task forces or international interdiction
- Includes border screening, increased support at customs checkpoints and the development of enhanced narcotics detection techniques
Reducing Diversion

Novel Approaches to Deterring Drug Abuse

<table>
<thead>
<tr>
<th>Coating</th>
<th>Unable to dissolve</th>
<th>Antagonist</th>
<th>Punishment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard coating</td>
<td>Gummy pill becomes gooey in solvents including water and alcohol.</td>
<td>Inactive drug within counter-acts the effects of active drug if tampered with.</td>
<td>Take too much or tamper with it and you will feel sick instead of high.</td>
</tr>
</tbody>
</table>

OxyContin: Purdue Pharma
Remoxy: Pain Therapeutics, King Pharmaceuticals
Embeda: King Pharmaceuticals
Acurox: King Pharmaceuticals Acura Pharmaceuticals
Disposing Opioids

1. Mix with an unappealing substance.
2. Place in a sealed container.
3. Throw into household trash.
4. Scratch out personal information.
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